



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Wednesday 20211013

## Dengue outbreak

### Strengthen control and prevention measures (The Tribune: 20211013)

<https://www.tribuneindia.com/news/editorials/dengue-outbreak-323298>

Busy preparing for the ominous third wave of Covid, the administration, healthcare and management systems have been hard put to deal with the rising burden of dengue cases.

Large tracts of the country — from areas surrounding Mohali to Agra and from Gurugram to Pune — are witnessing an alarming outbreak of dengue this monsoon season. Busy preparing for the ominous third wave of Covid, the administration, healthcare and management systems have been hard put to deal with the rising burden of dengue cases. The disease, marked by severe flu-like symptoms, can be fatal. In recognition of its global spread and burden, the policy to report dengue to the health ministry and WHO was adopted a few years ago and it is partly responsible for the spike witnessed over the years.

With a prolonged season of monsoon this year, the consequent waterlogging has led to a rise in mosquito-borne diseases, including dengue. Though it is fairly well known that stagnant water is a breeding ground for the *Aedes aegypti* mosquito, the outbreak response must be strengthened towards making the communities aware and involving them in disease prevention. Gurugram's figures are telling in this respect. The city, which has this year seen the highest number of dengue cases in five years, over 11,000 notices have been issued to households for being host to mosquito larvae. In the tricity, Mohali has become the hotspot of dengue. It is on alert as people testing positive have been soaring in the past one and a half months, accounting for 95 per cent of this year's figures. While 344 dengue cases surfaced in September, the first eight days of October saw 277 more patients falling prey to this vector-borne disease. Covid-hit Maharashtra is pressured as it also deals with over 8,000 dengue and 1,700 chikungunya cases that were reported across the state till September, with Pune seeing the number of cases double in a month.

With the vaccine for dengue still in the initial trial stage, fogging of the affected and disease-prone areas and screening measures, along with the citizens' dedication to keeping the surroundings clean and dry, are effective strategies to avert an epidemic. A proper audit of the numbers of infected patients and mortality statistics are necessary for formulating better control and treatment protocols.

## Vaccine

### **Needleless three-dose Zydus vaccine priced at Rs 1,900; govt still negotiating(The Tribune: 20211013)**

<https://www.tribuneindia.com/news/coronavirus/needleless-three-dose-zydus-vaccine-priced-at-rs-1-900-govt-still-negotiating-319774>

Needleless three-dose Zydus vaccine priced at Rs 1,900; govt still negotiating

Zydus Cadila is learnt to have proposed a price of Rs 1,900 for its three-dose vaccine ZyCoV-D that can be given to those above 12 years of age even as the Centre is negotiating with the pharma company to bring down the rate. Photo for representation only.

Zydus Cadila is learnt to have proposed a price of Rs 1,900 for its three-dose vaccine ZyCoV-D that can be given to those above 12 years of age even as the Centre is negotiating with the pharma company to bring down the rate.

A final decision on the price of the indigenously developed and world's first DNA-based needle-free Covid-19 vaccine was likely to be taken this week, sources said. The government had on Thursday said the vaccine would be introduced in the nationwide anti-Covid vaccination drive shortly.

“The company has proposed a price of Rs 1,900 (inclusive of taxes) for its three-dose jab. Negotiations are on. The company has been asked to reconsider all the aspects regarding the cost of the vaccine. A final decision on the price is likely to be taken this week,” a source said. Another source said the ZyCoV-D had to be differently priced than Covaxin and Covishield as, apart from being a three-dose vaccine, there was a needle-free jet injector used for administering the vaccine that costs Rs 30,000. That jet injector can be used for administering around 20,000 doses. The vaccine is to be given on days zero, 28 and 56.

Sources said around three rounds of meetings had taken place so far between the Centre and the company, the last one on Thursday.

The Health Ministry is also waiting for recommendations from the National Technical Advisory Group on Immunisation (NTAGI) for introducing ZyCoV-D in the inoculation drive and prioritising beneficiaries focusing on those aged 12-18 years with comorbidities.

The NTAGI will provide the protocol and framework for the introduction of this vaccine, an official source said.

Union Health Secretary Rajesh Bhushan said the government was in conversation with the manufacturers. “Since this is a three-dose vaccine and comes with a needleless delivery system, it would have a differential pricing than the existing vaccines being used in the Covid vaccination programme,” he said.

Indigenously developed ZyCov-D is world’s first DNA-based needle-free vaccine

A Rs30,000 jet injector is used to administer the vaccine —first in India for 12-plus

One injector can administer 20,000 doses, to be given on days zero, 28 and 56

Final price likely this week

The Centre is learnt to be negotiating with Zydus Cadila the price of the vaccine, expected to be finalised this week.

## **Protein powder**

### **Dry scooping: Experts on why you should avoid this viral fitness fad (The Indian Express: 20211013)**

<https://indianexpress.com/article/lifestyle/health/dry-scooping-tiktok-protein-powder-fad-health-scare-caffeine-7567510/>

One scoop of protein powder might be packed with as much caffeine as five cups of coffee which makes it dangerous to consume, experts say

dry scooping, dry scooping health, what is dry scooping, protein powder benefits, tiktok trends, indianexpress.com, indianexpress Here's what to know about the viral trend of dry scooping protein powder. (Source: Getty Images/Thinkstock)

A new trend that is gaining popularity on social media platforms like TikTok is ‘dry scooping’ or the practise of consuming a scoop of protein powder without diluting it in water. The fad, believed to give a bigger boost of energy for longer and harder workout, is dangerous, warn experts.

Protein powders are known to consist of a blend of amino acids, B vitamins, caffeine, creatine, artificial sweeteners, and other ingredients. So, neat consumption of such ingredients may create health issues. According to the Cleveland Clinic, it is common for pre-workout supplements to have 150 to 300 mg of caffeine per serving. The potential dangers of consuming too much caffeine include risk of insomnia, anxiety, dehydration, and abnormal heart rhythm, according to the National Institutes of Health.

While the ingredients may help boost one's stamina before a workout, there are some risks in consuming extra energy-boosting stimulants. "For example, consuming too much caffeine can increase the chances for a heart disorder," Deepti Khatuja, clinical nutritionist, Fortis Memorial Research Institute, Gurgaon, told indianexpress.com.

protein Protein powders should be diluted with water. (Photo: Getty/Thinkstock)

Where did the trend originate from?

As per everydayhealth.com, one TikTok user — king966 — shared a dry scooping video in late May 2021, racking up over 7.6 million views. In it, she tries to swallow a cap full of the powder, but spits it out even before she can consume water. Another user, reportedly, suffered a heart attack owing to the fad.

ALSO READ | Natural protein or protein shakes — which should you pick?

Why must one exercise caution?

Viral social media challenges, which are blindly followed by youngsters, pose many physical and mental challenges, experts mention. "This latest fad of 'dry scooping', which involves users taking a scoop of protein powder without diluting it with water has already led to unfortunate incidents. I would request kids not to take up such mindless challenges because ingesting protein powder on its own can lead to heart and lung seizures – and even death. The highly concentrated powder can lead to choking, accidental inhalation, over-consumption injury, and death," said Dr Shuchin Bajaj, founder and director, Ujala Cygnus Group of Hospitals.

ALSO READ | Is it safe to have frozen honey? Here's what experts say

One scoop of powder might be packed with as much caffeine as five cups of coffee which makes it dangerous to consume, experts said. "It can further increase the chances of high blood pressure or increased heart rate, and accidentally inhaling the powder into the lungs could cause choking or an infection or pneumonia," remarked Khatuja.

Delhi News

Greater Noida Authority launches programme against communicable diseases

Delhi: Man arrested for firing outside multiplex in Saket

Delhi govt spa policy on hold, MCDs implement ban on cross-gender massage

## Oral health

### Healthy teeth: Navratri special food and beverages for oral health (The Indian Express: 20211013)

<https://indianexpress.com/article/lifestyle/food-wine/healthy-teeth-navratri-special-food-beverages-oral-health-7564424/>

Starchy foods like potato chips and sugar-laced beverages need to be avoided as you fast

Navratri, Navratri special foods, Navratri fasting, healthy Navratri foods for dental health, oral health and hygiene, healthy eating, clean teeth, indian express news Coconut water is an excellent source of nutrients, and can keep your teeth strong. (Photo: Pixabay)

There is a direct link between the food you eat and your oral/dental health. As you fast this Navratri, you need to keep in mind that with a change of diet, your dental habits need to change a bit, too. Dr Neetika Modi, dental surgeon at Studio Aesthetique Clinic says it's important to choose wisely while fasting.

“When we eat or drink sugary foods and beverages, we predispose ourselves to decay and gum disease. Plaque is a thin invisible sticky film of bacteria that covers the surface of our teeth. When sugars and starches come in contact with plaque, acids form, which attack teeth leading to a breakdown of the hard enamel and causing the tooth to decay,” she explains.

ALSO READ | Navratri food: Some saatvik sauces that you can enjoy this festive season

Dr Modi advises that starchy foods like potato chips, and sugar-laced beverages need to be avoided as you fast. Instead, opt for foods that promote a healthy mouth. These include:

1. Fruits and fibre-rich fruits: They keep the teeth and gums clean. They also keep saliva flowing. Saliva contains traces of calcium and phosphate. It restores minerals to areas of teeth that have lost them from bacterial acids. Fruits like oranges and grapefruit with high levels of vitamin-C strengthen the blood vessels and connective tissues in the mouth, thus, slowing the mouth of gum inflammation.
2. Buttermilk, plain yogurt, and cheese: They are saliva makers. Rich in calcium, they improve bone health. Adding mint to a glass of buttermilk keeps the mouth fresh.
3. Coconut water: It is an excellent source of nutrients, anti-bacterial and anti-viral properties, which help build immunity, keeping you hydrated for long and preventing cramps related to fasting.
4. Makhana or foxnuts: Good protein and essential nutrients.

5. Nuts like almonds, walnuts, pistas: High protein, healthy fat and vitamins.
6. Salads: Fibre-rich and self-cleansing for the mouth, salads are beneficial prebiotics that healthy oral bacteria feed on. Salad helps produce more nitrite-reducing bacteria. In turn, your mouth benefits from an increase in nitric oxide, promoting healthier oral microbiomes.

ALSO READ | Nutrition alert: Here's a simple and healthy Navratri fasting plan

7. Green and black tea: Contain polyphenols that interact with plaque bacteria, preventing bacteria from growing and making acid.
8. Amaranth rotis and quinoa pulao: Add a whole lot of fibre and quality proteins to your diet.
9. Seeds: They stave off hunger pangs, and raisins and nuts provide prebiotic fibre to the gut.
10. Hydration: Keeping yourself hydrated while you cut down on food is absolutely essential. Keep a bottle full of water and keep sipping from it from time to time. You can add lemon and sabja seeds to it.

“While fasting, the body goes on detox mode. It's important to get good sleep to prevent dizziness and throbbing headaches,” the doctor says.

## **Covaxin (The Asian Age: 20211013)**

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=15898033>

### **Covaxin for kids...**

been administered in the country so far. But less than 30 crore of the total 140 crore population has so far been fully vaccinated.

Significantly, 41 per cent of the country's population is below the age of 18 and there is no vaccine available for this age group.

The other concern is that Covaxin, which has been administered

to a large section of the population, is yet to get emergency use authorisation from the World Health Organisation. Without the WHO approval, Covaxin is not being accepted as a valid vaccine by most countries around the world. Indians who have received this vaccine have to quarantine when travelling abroad.

## **Pollution**

### **Municipal workers operate an anti-smog gun to reduce air pollution on a road CM moots 3-point formula to help curb pollution ( Hindustan Times: 20211013)**

<https://schoolepaper.hindustantimes.com/Home/ArticleView>

Delhi chief minister Arvind Kejriwal on Tuesday urged city residents to assist in reducing air pollution levels by turning engines of their vehicles off on red traffic signals, using public transport or car pools once a week and registering air pollution complaints using the Green Delhi app on their phones.

“Air pollution has been slowly increasing for the last three-four days. One of the main reasons is that stubble burning has started in neighbouring states where governments have failed in helping farmers in this regard. We can get a clear picture of that through Nasa images... Last week, we presented a 10-point action plan. Today, I seek your help in reducing air pollution in personal capacity,” said Kejriwal in a video press briefing on Tuesday. htc

NTPC plants told to cap production capacity: Jain

New Delhi : Delhi power minister Satyendar Jain on Tuesday alleged that the Centre has asked NTPC to cap the production capacity of all its plants to half. Speaking regarding power shortage, he said, “There is no coal power plant in Delhi. We buy electricity from coal plants situated in other states. NTPC capped the production capacity of all its plants to half. There can be two reasons, first coal shortage or secondly the Centre has told them to do it.” He further said that Delhi is currently getting only half the supply and if it is stopped then a blackout might happen.

“Blackout depends upon them, right now they are giving only half supply if they stopped giving it then blackout might happen,” said Satyendar Jain. ani

DCPCR for twice a week regular classes till Grade 8

New Delhi : The Delhi Commission for Protection of Child Rights chairperson Anurag Kundu wrote to Delhi Lt Governor Anil Baijal requesting him to consider their submissions for schools and anganwadis reopening citing serious learning loss among students.

“Nursery to Grade eight to open at least two days a week and anganwadis at least once a week for all children in the staggered form,” stated the letter.

“Learning Loss: The pandemic has caused serious learning losses for children of all grades. For example, 17% more grade I students could not read letters in 2020-23, compared to 2019-

20, according to the Annual Status of Education Report 2021 by Pratham Education Foundation,” it said. Ani

## **Pregnancy**

### **Study explores adverse complications for COVID positive pregnant women, their newborns (New Kerala: 20211013)**

A new study, which finds an increased risk of poorer outcomes for the newborns and symptomatic women with COVID-19, adds further weight to the -> View it--> <https://www.newkerala.com/news/2021/146531.htm>

## **Sleeping**

### **Sleep loss does not impact ability to assess emotional information: Study (New Kerala: 20211013)**

12: It's no secret that going without sleep can affect people's mood, but a new study showed that it does not interfere with their ability to evaluate emoti-> View it--> <https://www.newkerala.com/news/2021/146518.htm>

## **Physical activity**

### **Researchers take steps toward more effective fitness trackers, more physical activity (New Kerala: 20211013)**

As the popularity of fitness trackers has increased, so have the opportunities to use such devices to not only track fitness goals but also -> View it--> <https://www.newkerala.com/news/2021/146311.htm>

## Active lifestyle

### Active lifestyle key to better management of arthritis (New Kerala: 20211013)

<https://www.newkerala.com/news/2021/146245.htm>

People suffering from arthritis should maintain an active lifestyle as physical exercise reduces inflammation by reducing fat and increasing the production and release of anti-> View it-> <https://www.newkerala.com/news/2021/146245.htm>

## Mental Health

### Pregnancy and Mental Health (New Kerala: 20211013)

Pregnancy is the most beautiful journey in a womens life, very real yet surreal, joyous yet a bit daunting, culminating into another life with unlimited potential for themselves and others. The changes -> View it-> <https://www.newkerala.com/news/2021/146236.htm>

## Covaxin Vaccine

### बच्चों को कोवैक्सिन टीका लगाने की सिफारिश (Hindustan: 20211013)

<https://epaper.livehindustan.com/>



## ..तो बच्चों को लगने वाला पहला टीका

- देश में कोविशील्ड, कोवैक्सीन और स्पूतनिक के टीके मिल रहे
- ये सभी टीके 18 साल से अधिक आयु वर्ग के लोगों के लिए हैं
- कोवैक्सीन को मंजूरी मिली तो बच्चों के लिए पहला टीका होगा

## अमेरिका-ब्रिटेन में खुराक

- कनाडा-अमेरिका: फाइजर टीका 12 साल से ज्यादा उम्र के बच्चों को लगाना शुरू हो गया
- ब्रिटेन: फाइजर टीके 12 साल तक के बीमार बच्चों को मिल रहे
- इजराइल: सभी बच्चों को दी जा रही। माल्टा, चिली में भी शुरू

## इसलिए जरूरी

- संभावित तीसरी लहर में बच्चों को संक्रमित होने का खतरा होने की बात कही जा रही है।
- कई राज्यों में स्कूल खोलने की तैयारी और कई में खुल गई है। स्कूल खुलने पर खतरा ज्यादा।
- देश में दूसरी लहर के दौरान बड़ी संख्या में बच्चे भी संक्रमित हुए।

## नई दिल्ली | विशेष संवाददाता

केंद्रीय औषधि प्राधिकरण की विशेषज्ञ समिति ने कुछ शर्तों के साथ दो से 18 साल के बच्चों/किशोरों को देश में बने कोरोनारधी टीके कोवैक्सीन लगाने की सिफारिश की है। संभावना है कि अगले कुछ दिनों में दवा नियामक सिफारिश को स्वीकार कर कोवैक्सीन के आपात इस्तेमाल को मंजूरी दे सकता है।

कोवैक्सीन का निर्माण करने वाली हैदराबाद स्थित कंपनी भारत बायोटेक ने कहा है कि उसने दूसरे और तीसरे चरण का परीक्षण पूरा करने के बाद दवा नियामक की विशेषज्ञ समिति के समक्ष आंकड़े पेश किए थे। इनका अध्ययन करने के बाद विशेषज्ञ समिति ने सकारात्मक सिफारिश की है। सरकारी सूत्रों ने भी इस बात की पुष्टि की है। लेकिन, अभी दवा नियामक ने फैसला नहीं लिया है। भारत बायोटेक को अपने होल विरिअन, इनएक्टिवेटिट कोरोना वायरस टीके (बीबीवी152) प्रोटोकॉल के अनुसार अध्ययन जारी रखना होगा। कोवैक्सीन के बच्चों पर परीक्षणों में पाया गया है कि इसके प्रभाव बच्चों में भी उसी प्रकार से देखे गए हैं, जिस तरह वयस्कों में मिले हैं।

## जायडस केडिला को देश में परीक्षण की इजाजत

- जायडस केडिला के टीके के बच्चों पर परीक्षण की इजाजत मिली
- हालांकि, देश में इसके आपात इस्तेमाल को मंजूरी नहीं मिली है

इस पर काम चल रहा है। अभी डीजीसीआई की मंजूरी नहीं मिली है। विशेषज्ञ निर्णय लेंगे उसके बाद ही वैक्सीन आएगी। प्रक्रिया चल रही है। -**भारती प्रवीण पवार**, केंद्रीय स्वास्थ्य राज्य मंत्री

## Heart Treatment

एम्स में रविवार को भी दिल के मरीज जांच करा सकेंगे(Hindustan: 20211013)

<https://epaper.livehindustan.com/>

एम्स में दिल की बीमारी से जुड़े मरीजों के लिए राहत भरी खबर है। अब मरीजों को रविवार के दिन भी उपचार दिया जाएगा। इस संबंध में क्लीनिक की शुरुआत की जा रही है।

एम्स कार्डियोथोरेसिक सेंटर द्वारा 17 अक्टूबर से रविवार को एंटी कॉंग्लूटेशन क्लीनिक की शुरुआत की जा रही है। सुबह नौ बजे से लेकर शाम पांच बजे तक मरीज उपचार के लिए आ सकेंगे। इसके लिए पंजीकरण सुबह नौ बजे से लेकर दोपहर तीन बजे तक होगा। ऑनलाइन पंजीकरण की सुविधा भी मरीजों के लिए है।

क्लीनिक का संचालन सीटीवीएस विभाग के दो वरिष्ठ रेजिडेंट डॉक्टर करेंगे, जबकि रोटेशन में एक कंसल्टेंट डॉक्टर भी रहेगा। इस क्लीनिक में केवल वह मरीज दिखा सकेंगे, जिनकी दिल के वॉल्व की सर्जरी हुई हो। साथ ही ऐसे मरीज जिनकी हालत स्थिर हो। कार्डियोलॉजी, कार्डियक रेडियोलॉजी और कार्डियक बायोकेमिस्ट्री विभाग द्वारा इकोकार्डियोग्राफी जैसी दूसरी सुविधाएं उपलब्ध कराएंगे। बता दें कि बीते रविवार को दिल्ली में स्थित केंद्र सरकार के अस्पतालों में अलग-अलग विभागों द्वारा ओपीडी की शुरुआत भी की गई है।